

REPORT DOCUMENTATION PAGE			Form Approved OMB No. 0704-0188	
Public reporting burden for this collection of information is estimated to average 1 hour per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to Washington Headquarters Services, Directorate for Information Operations and Reports, 1215 Jefferson Davis Highway, Suite 1204, Arlington, VA 22202-4302, and to the Office of Management and Budget, Paperwork Reduction Project (0704-0188), Washington, DC 20503.				
1. AGENCY USE ONLY (Leave blank)		2. REPORT DATE 17 February 1993		3. REPORT TYPE AND DATES COVERED
4. TITLE AND SUBTITLE Injury Risk Factors Among Male and Female Army Trainees			5. FUNDING NUMBERS	
6. AUTHOR(S) Nicole S. Bell and Bruce H. Jones				
7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES) U.S. Army Research Institute of Environmental Medicine Natick, MA 01760-5007			8. PERFORMING ORGANIZATION REPORT NUMBER	
9. SPONSORING/MONITORING AGENCY NAME(S) AND ADDRESS(ES)			10. SPONSORING/MONITORING	
19960419 082				
11. SUPPLEMENTARY NOTES Abstract presented at American Public Health Association 121st Annual Meeting, San Francisco, CA, 24-28 October 1993				
12a. DISTRIBUTION/AVAILABILITY STATEMENT Approved for public release; distribution is unlimited			12b. DISTRIBUTION CODE	
13. ABSTRACT (Maximum 200 words) This study documents incidence of and risk factors for injury among women and men during 8 wks of Army Basic Training. Participants were 745 trainees (293 women, 452 men). Data included demographics (age, race, sex), anthropometrics (HT, WT, %Fat), fitness scores (pushups, situps, run time) and injury incidence. Injury data were obtained by review of every participant's medical record. The crude relative risk (RR) of injury, for women v men, was 2.1 (60% injured v 29%) and the crude RR for time-loss injury was 2.3 (42% v 19%). There was a significant trend of increasing injury risk for successively slower quintiles of run times (women: risks, fast to slow= 46%, 57%, 62%, 71%, 67%, MH trend p=.005; men: risks, fast to slow= 21%, 21%, 30%, 33%, 41%, MH trend p=.0005). Adjusted RR for women vs men, stratified on run time, was 1.4 (p=.01). In a logistic regression model containing Age, Race, Sex, Ht, %BD, Situps, and Run Time, only Run Time was significantly associated with odds of injury per se may be less important than physical fitness in predicting injury among very active young adults.				
14. SUBJECT TERMS risk factors, injury, women, men, Army, trainees, fitness			15. NUMBER OF PAGES 1	
			16. PRICE CODE	
17. SECURITY CLASSIFICATION OF REPORT Unclassified	18. SECURITY CLASSIFICATION OF THIS PAGE Unclassified	19. SECURITY CLASSIFICATION OF ABSTRACT Unclassified	20. LIMITATION OF ABSTRACT UL	

GENERAL INSTRUCTIONS FOR COMPLETING SF 298

The Report Documentation Page (RDP) is used in announcing and cataloging reports. It is important that this information be consistent with the rest of the report, particularly the cover and title page. Instructions for filling in each block of the form follow. It is important to **stay within the lines** to meet **optical scanning requirements**.

Block 1. Agency Use Only (Leave blank).

Block 2. Report Date. Full publication date including day, month, and year, if available (e.g. 1 Jan 88). Must cite at least the year.

Block 3. Type of Report and Dates Covered. State whether report is interim, final, etc. If applicable, enter inclusive report dates (e.g. 10 Jun 87 - 30 Jun 88).

Block 4. Title and Subtitle. A title is taken from the part of the report that provides the most meaningful and complete information. When a report is prepared in more than one volume, repeat the primary title, add volume number, and include subtitle for the specific volume. On classified documents enter the title classification in parentheses.

Block 5. Funding Numbers. To include contract and grant numbers; may include program element number(s), project number(s), task number(s), and work unit number(s). Use the following labels:

C - Contract	PR - Project
G - Grant	TA - Task
PE - Program Element	WU - Work Unit Accession No.

Block 6. Author(s). Name(s) of person(s) responsible for writing the report, performing the research, or credited with the content of the report. If editor or compiler, this should follow the name(s).

Block 7. Performing Organization Name(s) and Address(es). Self-explanatory.

Block 8. Performing Organization Report Number. Enter the unique alphanumeric report number(s) assigned by the organization performing the report.

Block 9. Sponsoring/Monitoring Agency Name(s) and Address(es). Self-explanatory.

Block 10. Sponsoring/Monitoring Agency Report Number. (If known)

Block 11. Supplementary Notes. Enter information not included elsewhere such as: Prepared in cooperation with...; Trans. of...; To be published in.... When a report is revised, include a statement whether the new report supersedes or supplements the older report.

Block 12a. Distribution/Availability Statement. Denotes public availability or limitations. Cite any availability to the public. Enter additional limitations or special markings in all capitals (e.g. NOFORN, REL, ITAR).

DOD - See DoDD 5230.24, "Distribution Statements on Technical Documents."

DOE - See authorities.

NASA - See Handbook NHB 2200.2.

NTIS - Leave blank.

Block 12b. Distribution Code.

DOD - Leave blank.

DOE - Enter DOE distribution categories from the Standard Distribution for Unclassified Scientific and Technical Reports.

NASA - Leave blank.

NTIS - Leave blank.

Block 13. Abstract. Include a brief (*Maximum 200 words*) factual summary of the most significant information contained in the report.

Block 14. Subject Terms. Keywords or phrases identifying major subjects in the report.

Block 15. Number of Pages. Enter the total number of pages.

Block 16. Price Code. Enter appropriate price code (*NTIS only*).

Blocks 17. - 19. Security Classifications. Self-explanatory. Enter U.S. Security Classification in accordance with U.S. Security Regulations (i.e., UNCLASSIFIED). If form contains classified information, stamp classification on the top and bottom of the page.

Block 20. Limitation of Abstract. This block must be completed to assign a limitation to the abstract. Enter either UL (unlimited) or SAR (same as report). An entry in this block is necessary if the abstract is to be limited. If blank, the abstract is assumed to be unlimited.

15 February 1993

MEMORANDUM FOR Commander, USARIEM

SUBJECT: Request for Clearance of Technical Paper (USARIEM)

1. Reference AR 360-5, request clearance of enclosed ☐ manuscript, ☒ abstract, ☐ presentation, ☐ technical report, ☐ review article. Report Documentation Page, DD Form 1473 (is)(is not) enclosed.

Title Injury Risk Factors Among Male and Female Army TraineesAuthor(s) Nicole S. Bell and Bruce H. Jones

Intended for publication in _____

Intended for presentation before APHA 121st Annual MeetingLocation San Francisco, CADate Oct

28, 1993

2. Budget Project No. STO 3W; Task WR 3M162787A879 Cost Code 3-30285WB3A0024

3. Enclosed contains no classified material. It meets accepted standards for scientific accuracy and propriety. It contains no potentially sensitive or controversial items.

Encl BRUCE H. JONES, LTC, MC
Chief, Occupational
Medicine Division

JAMES A. VOGEL, Ph.D.
Director, Occupational Health and
Performance Directorate

SGRD-UE-Z 1st End

Commander, USARIEM

THRU Resource Management Branch

FOR

☒ Clearance is granted.☐ Clearance is not granted.☐ This document must be forwarded to USAMRDC for clearance.

Encl
nc

GERALD P. KRUEGER
Colonel, MS
Commanding

CLEARANCE NO. P52-93 (A1.)

NATICK FL 453

1 AUG 90 EDITION OF 1 JUN 89 IS OBSOLETE.

(Author making presentation)

Name and title Nicole S. Bell, MPH.

Address # 8 NONESUCH DRIVE

City NATICK State MA Zip 01760

Telephone (508) 651-8116

Call for Abstracts
APHA 121st Annual Meeting
San Francisco, CA—October 24 – 28, 1993

Persons wishing to contribute presentations or papers to be considered for the APHA Annual Meeting must submit an abstract of work on the form provided below. The abstract form must be accompanied by an Author/Co-Author ID Form. The 2 forms should be mailed to the designated Section, SPIG, or Caucus Representative and RECEIVED no later than February 10, 1993. Do not submit the same abstract to more than one Section or APHA component.

TYPE ABSTRACT TITLE IN UPPER CASE LETTERS.

Type author(s) and co-author(s) name(s) using upper and lower case letters and underline, with presenter's name listed first as the only one to receive the detailed program participant mailing. Four abstracts without the authors' names should also be sent for blind review. Type abstract text, flush left, single-spaced, within parameters of box, using carbon ribbon standard size type. Abstract should be of camera-ready quality, suitable for 50% reduction. A completed author/co-author ID form must accompany each abstract. If the total number of authors and/or co-author exceeds three, please xerox and complete the appropriate number of ID Forms. Send original abstract and 4 copies of the abstract to the appropriate chairperson, accompanied by a self-addressed stamped envelope for notification of acceptance or rejection. Enclose a stamped, self-addressed postcard if you want notification of receipt of abstract. FAX copies of the abstracts will NOT be accepted. Deadline for receipt of abstracts is February 10, 1993. Notification will be mailed in June. Consult the January issue of the *The Nation's Health* or the February issue of the *American Journal of Public Health* for the specific topics and requirements for Sections, SPIGs, and Caucuses. If requirements and instructions are not followed, your abstract will not be considered for review. **NOTE TO NON-MEMBERS:** Contributed papers may only be read by APHA members. Non-members may submit a contributed paper but it may ONLY be read by an APHA member.

TO BE COMPLETED BY
PROGRAM CHAIRPERSON

SESSION:

Day _____

Date _____

Time: From _____ To _____

Primary Sponsor _____

ABSTRACT: ☐ Contributed

☐ Solicited

Section, SPIG, Caucus, or APHA Group Abstract submitted to: INJURY CONTROL & EMERGENCY HEALTH SERV.

I have submitted this abstract to only ONE section/component of APHA Nicole S. Bell (signature)

If your abstract is selected for presentation, do you prefer to present it as a: ☒ poster; ☒ verbal presentation; _____ roundtable; _____ any of the above

AV equipment needed (subject to approval by Section Program Planner): ☒ Slide projector or _____ Overhead projector

Are self-addressed stamped envelope and postcard enclosed? ☒ Yes _____ No

Are original abstract (and 4 blind review copies) and all author ID forms enclosed? ☒ Yes _____ No

INJURY RISK FACTORS AMONG MALE AND FEMALE ARMY TRAINEES

Nicole S. Bell, M.P.H., Bruce H. Jones, M.D.

This study documents incidence of and risk factors for injury among women and men during 8 wks of Army Basic Training. Participants were 745 trainees (293 women, 452 men). Data included demographics (age, race, sex), anthropometrics (HT, WT, %Fat), fitness scores (pushups, situps, run time) and injury incidence. Injury data were obtained by review of every participant's medical record. The crude relative risk (RR) of injury, for women v men, was 2.1 (60% injured v 29%) and the crude RR for time-loss injury was 2.3 (42% v 19%). There was a significant trend of increasing injury risk for successively slower quintiles of run times (women: risks, fast to slow= 46%, 57%, 62%, 71%, 67%, MH trend p=.005; men: risks, fast to slow= 21%, 21%, 30%, 33%, 41%, MH trend p=.0005). Adjusted RR for women vs men, stratified on run time, was 1.4 (p=.01). In a logistic regression model containing Age, Race, Sex, Ht, %BF, Situps, and Run Time, only Run Time was significantly associated with odds of injury (OR=1.2 per min., p=.02). The data suggest that gender per se may be less important than physical fitness in predicting injury among very active young adults.